

SPORTS NUTRITION: UNDERSTANDING SUPPLEMENTS

What Are Supplements?

Pills, capsules, tablets, or liquids taken by mouth to supplement the diet.

Examples include: steroids, stimulants, caffeine, vitamin supplements and protein supplements.

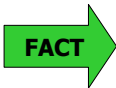
Why Are Supplements Used?

Emphasis on winning and peak performance continues to increase among high school athletes. In order to keep up with the competition, many high school athletes have turned to the use of supplements.

Supplements: Myth or Fact?



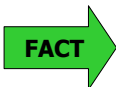
Supplements are safe to use if I use them as it states on the label.



Supplements do NOT have to be proven safe before they are put on the market .



Drinking stimulants, such as energy drinks and coffee, before my game will increase my performance.



An increase in caffeine intakes does not increase athletic performance but can cause stomach pain, restlessness, tremors, sleeplessness and heart problems.



The more vitamins and minerals I take, the better my health will be.



There is NO added health benefit from vitamin and mineral supplementation in athletes who get what they need from their diet; in fact, taking too many vitamins and minerals can be toxic to the body.



If I take Creatine it will increase my muscle mass and improve my sprint time .



Many athletes who take Creatine will see NO increase in muscle mass or improved performance. Many WILL experience muscle cramping, muscle strain and dehydration.